



NOVEMBER 2022
EDITION

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Gibson Times

14 Grove Street, PO Box 655, North Conway, NH
www.GibsonCenter.org info@gibsoncenter.org 603-356-3231



Office Hours: Mon - Fri: 8AM - 3:30PM, Sat - Sun: Closed
Thrift Shop Hours: Mon - Sat: 10AM - 2PM, Sun: Closed

GREETINGS FROM THE DIRECTOR

I often get asked why I returned to the Valley from North Carolina in 2015. The answer then and now is because of the culture we share in this Valley that I could not begin to recreate in the Piedmont. In Chapel Hill and Durham, I tried getting involved and making connections through book groups, fitness centers, churches, and running clubs. I attended multiple advocacy group rallies and was told the way I could contribute was to “Like” them on Facebook. I had something a little more active and participatory in mind. Over and over, I said, “Hmmm. If I was home, I could call Sue, or Sandy or George, or Neil, or Andrea or David and I know we could get things done. Finally my friends said – “why don’t you just go home?” And I did and I love being home. Here’s an example:

A few weeks ago, while driving in my car at noon, I received a call from our Senior Resource Navigator, Renee, who was also driving herself home from Florida. A resident with serious illness had a furnace fail inspection because the chimney was blocked. The night was going to be in the cold thirties. Once I got to my destination I put the email out to the Tamworth Exchange and Madison Boulder email exchanges and by 3:00 Quddus Snyder was at her home, fixed the problem, carried in loads of wood for her woodstove and she graced him with zucchini bread and homemade cookies. Would not happen in Durham.

The Gibson Center is very proud to have Renee join us as our Senior Resource Navigator, able to help you with problems that come up – online applications, license renewals, finding services or resources for home repair, transportation, down-sizing, even blocked chimneys. Call her directly at 603-205-0909 or call the Gibson Center at 603-356-3231. We are here for you. This is home.

Marianne Jackson, MD
Executive Director

Happy Thanksgiving

Wednesday, Nov 16th

Thursday, Nov 17th

11:30am - 12:15pm

Menu

- Roast Tom Turkey
- Mashed Potatoes and Gravy
- Cornbread Stuffing
- Peas and Onions
- Cranberry Sauce

Sponsored by Bergeron Technical Services: Shawn, Linda and Kate.



IN THE HOLIDAY SPIRIT AT THE THRIFT STORE

Picking out fun traditional favorites for Thanksgiving and Christmas can be a delight at the Holiday Galleria on the second floor of the Thrift Store. Come see the collections of decorations for your table, your tree and your favorite person! We have Hummels, turkeys, candles, wrapping, stockings, ties, sweaters and more.

Thrift Store Hours: Mon - Sat 10:00-2:00ish



SPRAGUE DINING ROOM AND GLENNA MORI ROOM AVAILABLE BY RESERVATION

Starting this month, we are making the beautiful Sprague Dining room and the Glenna Mori activity room open for members of the Valley to use for events and activities. Reservations can be made for available times by emailing Jill at Jill@gibsoncenter.org. The 70-seat dining room (without kitchen) is available from 8:00-10:00 am weekday mornings and again from 1:00-4:00 in the afternoons. The activity room is available depending on our regular activity and exercise class schedule. There is a nominal fee of \$35 for the Dining room and \$25 for the Activity room. Email Jill for details and agreements. We hope you will come enjoy the central Valley location, parking, and congenial facilities for your family reunion, organization meetings or club events.

SPRAGUE DINING ROOM: The cheerful Sprague Dining Room is a 1550 square foot room seating 70 at tables for 4 or 6 persons. Audio equipment for sound amplification is available with podium and projection screen if needed.



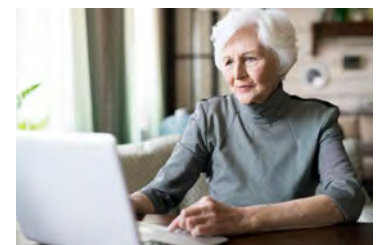
GLENNA MORI ROOM: Activity Room is a 70-person seating capacity program room with projector and 8 speaker media or for use by up to 20 people for exercise and dance.

65 PLUS TECHNOLOGY

The Gibson Center is looking for 40 or more older adults to help us learn how they are using internet devices to stay connected in this digital world. We are partnering with Digitunity, a non-profit distributor of refurbished computers, and AT&T, to provide access to online, self-guided teaching modules that cover basics, including tips on using your smartphone or computer, how to safeguard accounts and passwords, how to do video-conferencing and telehealth, tips regarding scams and fraud, and several other useful topics.

Complete 2 of the 11 modules and the satisfaction survey between now and December 31st and receive a \$25 gift card for your participation.

If you are interested, please call Marianne at **603-356-3231** or email info@gibsoncenter.org with your name and return phone number. We are happy to get you enrolled.



FUEL AND ELECTRICITY ASSISTANCE AVAILABLE

Fuel Assistance Program:

As funds become available, the Fuel Assistance Program provides benefits to qualified New Hampshire households to assist with heating costs. Grants ranging from \$210 to \$1,575, can be used to secure an emergency delivery of fuel, delay a shut-off notice or they may refer clients to another source of assistance. Benefits are based on household income, energy costs, the number of heating degree days and housing type to prioritize households with the lowest incomes and highest energy costs. Contact Tri-County Community Action at www.tccap.org or 607-323-7400 and for more information try <https://www.energy.nh.gov/sites/g/files/ehbemt551/files/inline-documents/sonh/fuel-weatherization-assistance-brochure.pdf>

Packets with the forms can be obtained at the Tamworth, Freedom, Conway, Pope, Madison and Jackson public libraries along with the Gibson Center.



Electric Assistance:

New Hampshire Energy Assistance Program (NH-EAP) provides eligible customers (Eversource, Unitil, Liberty or NHEC) with a discount on their monthly electric bills. A 1-person household with income of approximately \$39,000 or two persons with income of \$51,000 can receive discounts ranging from 8% to 76%. All electric utility customers support the statewide EAP through the system benefits charge portion of their electric bill.



To learn more about the EAP, including how to apply, call Tri-County Community Action at **607-323-7400** or visit their website at www.tccap.org

OPENING MINDS THROUGH ART: OMA

The first **Opening Minds through Art, OMA**, program was a wonderful success this summer. The new six session series starts on November 3rd - led by Lori Stearns, our OMA Facilitator. **OMA** enables people to assume new roles as artists and teachers and leave a legacy of beautiful artwork. The community is invited to the opening art show, and desserts on Thursday, December 1st, from 12:30-2:30PM!



OMA is funded in part thru Administration on Community Living grant #90ADPI0060.

FRIENDLY VISITOR PROGRAM

We are offering the Friendly Visitor Program. Many people on our Meals on Wheels program say the only person they see all day is the Meals on Wheels Driver. As many of us learned during our self isolation over the last two years, our social interactions are key to our well being, cognitive health, and mood. The Gibson Center is matching home-bound people, or people who live alone, with people who are willing to meet with them once or twice a month for common ground visits (playing cards, writing letters, going for a walk, baking cookies, painting, reading aloud, or a good old-fashioned chin wag). People who want visitors will fill out an interest survey, and agree to let one trained individual visit on a regular basis (determined by both participants). People who are willing to be visitors will be subject to background checks, training in confidentiality, and visitor protocol. If you would like a visitor, or would like to be matched up with a person to visit, please call Jill, **603-356-3231**.



The Friendly Visitor Program is funded in part thru Administration on Community Living grant #90ADPI0060.

POSITIVE APPROACH TO DEMENTIA CARE

Julie Van Dyne, RN, and Certified Independent Trainer will be presenting a three-part series on the Positive Approach to Care for persons with dementia based on the outstanding work of Teepa Snow. Anyone familiar with the work of Teepa Snow knows her techniques for caregivers and family are uplifting, effective and build positive relationships.

The Series:

- November 2, Positive Physical Approach and Hand-under-Hand – Build relationship and doing **with** people instead of **to** people.
- November 9, Seeing GEMS® Not Just Loss. Identifying retained: skills.

The Series takes place from 5:45-7:45 at the Conway Public Library. Call **603-447-5552** to register.



Volunteer Opportunities Link:

<https://www.gibsoncenter.org/volunteer-opportunities-at-gibson-center/>

OLLI OFFERINGS WITH THE GIBSON CENTER

Gibson continues to co-sponsor programs with OLLI this autumn.

- Lunch and Learn, **Enhancing Balance: Adventures with Confidence:** Prepare for winter walking and outdoor exercise. November 1, come for lunch, stay for the program. Program is free. This class will have demonstrations of exercises and equipment like snowshoes, yaktrax, micro-spikes and walking poles that you can learn to use for the kinds of walking and hiking you want to do.



Membership for the year is \$40 and allows you to take classes throughout NH and many are by Zoom. It also allows you to attend free Special Interest Groups: Hiking; Winter Snowshoeing; Games Group; Munch Bunch. Cost for classes vary but hover around \$20-\$25. Scholarships for Gibson Center patrons are available. You can see the listings and virtually hear from the presenters by going to www.oli.granite.edu. You can also call **603-513-1377** with questions.



JOIN US FOR LUNCH IN PERSON
Gibson Center, Mon-Fri. 11:30 am -12:15 pm

VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

Don't miss! (please sign up for these concerts) Suggested donation for each concert is \$10.

- **Christmas with Kennerly:** on the Kotschmar Organ. Thursday, December 22, after lunch.
- **Classical Concert:** The Rite of Spring: after lunch Thursday, March 1st.
- **Bach's Birthday Bash:** on the Kotschmar Organ. Tuesday, April 18th, after lunch.

The Gibson Center is offering these showings of a variety of concerts in our eight speaker activity room with a large screen for projection. These are live performances of the Portland Symphony. Programs must be ordered in advance, so please sign up at least one week before the event.

CARE GIVERS

There are now two options for caregivers, REACH, and 1:1 Peer Support. Call Jill if you are interested in either.

REACH: stands for Resources for Enhancing Alzheimer's Caregiver Health in the Community. Caregivers will meet with trained coaches & learn to solve common caregiver challenges. Meeting options are currently in-person one-to-one coaching or via phone or ZOOM. REACH is funded in part thru Administration on Community Living grant #90ADPI0060

Caregiver Peer Support: There are caregivers who have probably experienced your challenges & can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep

TAI JI QUAN, MOVING FOR BETTER BALANCE

There is still time to join the 48 session Tai Ji Quan, Moving for Better Balance program offered on Monday and Thursday afternoons, at 4PM. Call Jill at the Gibson Center for more information, 603-356-3231.



Tai Ji Quan: Moving for Better Balance (TJQMBB), was developed by Dr Fuzhong Li, PhD, a senior research scientist at the Oregon Research Institute. This nationally recognized evidence based fall prevention program for older adults is an enhancement of traditional Tai Chi, transforming movements into therapeutic training for balance and mobility.

- Learn 8 simple movements
- Improve balance by training your body to listen to internal stimuli and respond to external stimuli
- Through repetition and mini therapeutic exercises, help your reactions become automatic.

Brought to you by the Community Health Council and the NH Falls Prevention Task Force.

Donate To The Gibson Center



Ways To Give:

1. **Make it VIBRANT:** One time or monthly recurring donation
2. **Make it ABUNDANT:** Honor or memorial gift, abundance guild
3. **Make it LAST:** Legacy honor society member, planned giving, charitable bequests, IRA charitable rollover, give appreciated stock, name a charity as the beneficiary of your retirement account

Donation Link

<https://www.gibsoncenter.org/donations-ways-to-give/>

Gibson Center is a 501(c) (3) and donations are tax deductible & our EIN is 02-0351152.

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**CALL FOR A SCHEDULE OF FUTURE
ESTATE PLANNING SEMINARS AT THE
GIBSON CENTER**

Please call for information about future
presentations
1-800-370-5010

2022 MEDICARE PART D- OPEN ENROLLMENT AT THE GIBSON CENTER

Open Enrollment for Medicare Part D began on October 15th. Call Penny Wellman between 8:00 and 1:00 PM at **603-356-3231** to ask her to send you a Plan Finder. It will come with a self-addressed, stamped envelope for you to return your plan finder to Board Member Ele Border to review. Once received, you will get a call to set up your appointment here at the Gibson Center or ServiceLink in Tamworth if you prefer. Ele is a certified counselor for ServiceLink.



Medicare Part D is a prescription drug plan for people 65 and older. Open Enrollment, from October 15 to December 7th, is when you can set up or switch Medicare Part D programs. Service Link and the Gibson Center offer free, unbiased information about all offered drug plans so you can compare your current list of medications and make the best choice. All consultations are free. don't wait, appointments fill up quickly.

STAY WARM, SAFE AND DRY HOME REPAIR EXPANDS

Since January over **60 people** have been served. The Stay Warm, Safe, and Dry home repair and modification program is growing its capacity! Renee has found a roofer and a sheet rock painter who can extend our services beyond those provided by Adam. We are dedicated to helping older adults stay in their homes safely.



We want to emphasize this service is for persons of all incomes but not free. Those who can afford to, pay the contractors directly for materials and time. Those who qualify as low income with USDA are provided up to \$10,000 in grant coverage. Renee Wheaton is available to take your requests and schedule an assessment of the job and get it done. Call her at (603)- 205-0909.

It is all part of our mission to help seniors age in place, independently with dignity and purpose.

Silver Lake Landing Apartments

Located on the shore of Silver Lake in Madison, NH.



Vacancies occur occasionally, call Ken to inquire or to be put on the waiting list

Contact Ken:
603-356-3231, Ext 112

OUR BUSINESS SUPPORTERS



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ONGOING WEEKLY PROGRAMS

Monday	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance General 1:1 Computer	10:30 AM 12:45 PM 4:00 PM By Appointment
Tuesday	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd week	10: 00 AM By Appointment
Wednesday	Veteran's Coffee 1st & 3rd weeks Quilt 2nd & 4th weeks Gameday General 1:1 Computer	10:00 AM 10:00 AM 12:30 PM By Appointment
Thursday	State of NH Veterans Service, 1st & 3rd week Call for your appointment 603-624-9230 X 301 Strength, Balance & Stretch Afternoon rides, scenic, historical, social Tai Ji Quan, Moving for Better Balance	By Appointment 10:00 AM 12:30 PM 4:00 PM
Friday	Computer Classes, Communication Grant Dr. Charlie Felton Q&A, 1st & 3rd week Belly Dance Chair Exercise Class	By Appointment By Appointment 9:30 AM 10:45 AM

NOVEMBER SPECIAL EVENTS

With the safety of our patrons and their loved ones in mind, the Gibson Center follows Federal Health Guidelines.

Gibson OLLI Lunch n Learn: **Adventure with Confidence:** Invite your fellow explorers for lunch and stay for this informative demonstration on ways to get ready for the winter season. Exercise Specialist Ann Fargo, and Outdoor Enthusiast, Cort Hanson from Ragged Mountain will demonstrate easy exercises and sample equipment so you can enjoy the winter season. **Tuesday, November 1st.** Lunch starts at 11:30AM, the program will be after lunch.

Wednesday the 2nd, we will head to the **Humane Society** to help socialize the cats. While there we get to play with the cats, and fill a void when we can't have animals in our home.

Sunday the 6th: Day Light Savings Time Ends (gain an hour).

Tuesday, the 8th, the Gibson Center will offer transportation to the polls for the **Mid-Term General Election.** We will go to the Conway polls after lunch, if there are other people in other towns, please call to arrange a ride.

NOVEMBER SPECIAL EVENTS CONTINUED...

Wednesday the 9th we will welcome *Tina Glinski and her ukulele* for our next **Art for Lunch**. Invite your family and friends for a musical lunch.

Thursday the 10th we will recognize veterans at our Congregate Lunch site.

The Gibson Center is closed for Veterans Day on the 11th.

Sunday the 13th our friends at **Chef's Bistro** will donate a portion of the days sales to the Gibson Center. They are offering the whole day, starting at NOON, and all the way to closing.

Monday the 14th, we will play **BINGO**. Please bring a prize for the table. Join us after lunch.

Tuesday the 15th is the **Gibson Center Annual Meeting**. Please join us after lunch to hear reports and our plans and dreams for the future.

Join us on **Wednesday the 16th and Thursday the 17th** when the kitchen pulls out all the stops and prepares a **Thanksgiving meal** for two days of lunches. We will serve Turkey with all the trimmings. **The Thanksgiving Lunch is sponsored by Bergeron Technical Services: Shawn, Linda and Kate.**

Thursday, the 17th we will head to McSherry's Nursery to make a **wreath**. We will board the bus after lunch. We will be in a heated green house this year. The frames, wire, greens and instructions will be provided. Bring your own bow, cones, and do dads, or buy one there. Sign ups required by November 10th Please call 356-3231. The class and supplies are \$20. If you want to ride the bus, there will be a donation envelope.

Monday the 21st: we will offer the **Virtual Dementia Tour**. This experience shows how people with sensory loss interpret their environment differently. The experience helps people understand what others may be experiencing, and understanding leads to compassion. Please sign up to participate in this experience. 603-356-3231

Tuesday the 22nd, the Gibson Center **Book Club** will meet. The members of the group each choose a month, the book for the month, and lead the discussion. The Conway Public Library will help get copies of the chosen book if people do not want to purchase it. This gives us many Book options such as Hard Cover, Audio, or your choice of reading on your own Kindle or a "grant supplied" Gibson Center electronic device! The Book Club meets after lunch the 4th Tuesday. Call Penny to sign up, and find out which book we are reading this month.

Thursday and Friday, the 24th and 25th, the Gibson Center will be closed for Thanksgiving Recess.

AARP Safe Driver Course: The 6-hour class will be offered at the Gibson Center on **Wednesday November 30th**. Many insurance companies provide substantial discounts for completion. Be safe and feel capable this winter on the roads. The class is \$25 for non-members, and \$20 for AARP members. It runs from 9AM to 4PM with a break for lunch in the dining room. Please sign up, 603-356-3231.

Looking Ahead:

"Assistive Technology For Easier Living " Many people are interested in learning what they can do to use Assistive Technology to improve their quality of independent living. Devices exist that can improve hearing, mobility, vision, safety, personal care, and household chores. Guest Presenters Joan Marcoux, Hearing, Speech, Vision Specialist and Linda Beliveau, Assistive Technology Specialist have extensive knowledge about modern non-invasive advances that are fun and easy to learn. Useful tools can include communication apps, tactile and visual alerting doorbell and paging devices, music and audio players and more that can make living alone more vibrant. The program will be on a day during the first or second week of December. Please call if you are interested in learning more and watch for details in next month's newsletter.

GIBSON CENTER DAY TRIPS

For all bus trips, please sign up, and pay in advance. Call 356-3231. Federal health precautions are followed on the bus. For Door to Door Transportation trips, you will be called with your individual pick up time, the day before the trip.

Monthly trip to the **Humane Society, to socialize Cats**, first Wednesday after lunch.

Mid-Term Election Day trip to the polls for Conway Residents after lunch, other towns as arranged. November 8th, call to sign up.

Wreath Making at McSherry's November 17th. \$20 covers the instruction, frame, wire, and greens. Bring your own bow. Sign ups by 11/10 Bus available, after lunch for transportation.



The **Magic of Christmas** December 9th, 10AM-6PM. Lunch on your own. Show and transportation, \$50. While tickets are sold out, people on the wait list may still get on the bus.



Little White Church, December 16th, *Candace Maher Holiday Concert*. Home pick-ups for the concert. donations accepted for the bus, and for the concert, which is a fundraiser for the Little White Church.

Stonehurst, Christmas Party, January 5, 2023. Drive self \$45, ride bus \$50 and view holiday lights.

Belknap Museum and Country Kitchen for our noon meal. January 25, \$18, lunch on your own

Tap Tap Jazz: Maine State Ballet, lunch on your own. Transportation and show, \$32 due to generosity of donors. February 4th.

Scouting Museum: February 8th. Lunch on own. \$15 for the trip.

Peking Acrobatics: February 27th. transportation and show, \$77. Dinner on your own.

The Simon & Garfunkel Show: Thursday, March 9th. \$78

The Louis Armstrong POP's Concert: March 19th. Lunch on own. Transportation and show \$62.

Nat King Cole POP's Concert: April 16th. Lunch on own. Transportation and show \$62.

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OUR BUSINESS SUPPORTERS



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info@northcountryfairjewelers.com

KUDOS - DONATIONS

The many people who have called us and offered help!
This is such a wonderful community!

Conway Area Humane Society
 The Gibson Center Trip Angel
 Little Angel Service Dogs
 Frosty Bear Ice Cream, Ted Phillips
 Deacon Street, for the Dine to Donate
 The Cannell Family; kitchen and shopping supplies
 Ele Boarder, Open Enrollment
 Fryeburg Fair Display: Greta, Darlene, Lucille & Harold, Pat, George,
 Marty, and Barbara
 The politicians who participated in the 5 Minute Forum
 AARP HomeFit volunteer
 Pamela Memmolo, Book Club Group organizer
 Hanniford's and Shaw's: Reusable Bag, Gibson fundraiser
 Vaughn Community Services Food Pantry & Jennifer
 Shaws, Wanda Wirling
 NH Food Bank
 Catholic charities of NH
 Wal-Mart; Phil Spinney
 Old Village Bakery
 Al Zaino: Pantry Bags

Local Radio Stations:

Easy 95.3 WBNC
 93.5 WMWV
 104.5 WVMJ - Magic.



GENESIS HEALTHCARE MINERAL SPRINGS



Short Stay Skilled Rehabilitation
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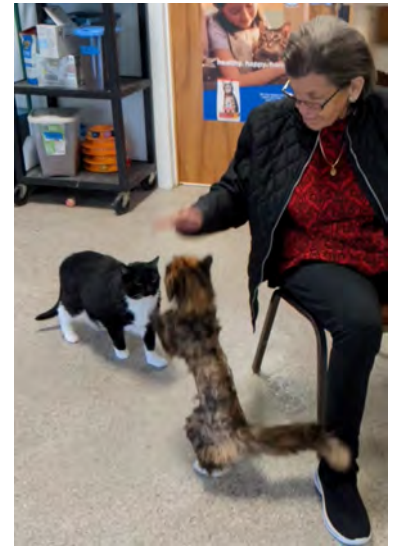
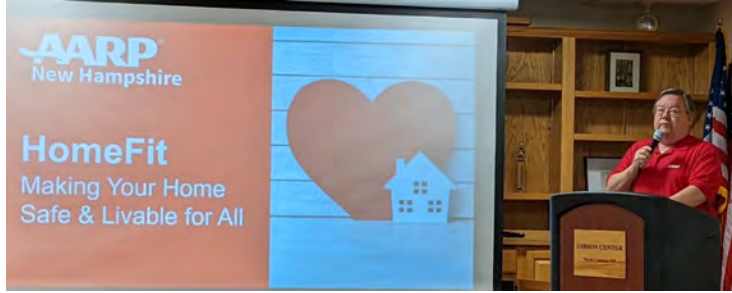


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 603-730-5432

OUR BUSINESS SUPPORTERS

PHOTOS FROM RECENT EVENTS & TRIPS

Humane Society, Fryeburg Fair, Alaska Trip - slide show, Cannon Mountain Foliage Trip, Currier Museum, Gee's Bend Quilt display, Foliage, Pumpkin People, Flood trip, Parisian Can Can Ballet, General Election 5 Minute Forum and AARP HomeFit presentation.



UPCOMING OVERNIGHT PROGRAMS

Please sign up for all programs: 603-356-3231. **Collette has a fantastic insurance policy, one can cancel up to 24 hours before the trip**



Spotlight on Santa Fe: March 20 - 25, 2023 • 6 Days • 8

Meals. March 20-25, 2023. Walking Tour of Santa Fe Plaza, Open-Air Tram Tour, Loretto Chapel, Santa Fe School of Cooking, Turquoise Trail, Allan Houser Sculpture Garden, Bandelier National Monument, El Santuario de Chimayo, Choice on Tour. **The seat reduction date for this trip has passed, there may still be seats available, they are just no longer reserved for Gibson Center .** Collette trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1100656>



Spotlight on Santa Fe: September 24 - 29, 2023 • 6 Days • 8

Meals. Walking Tour of Santa Fe Plaza, Open-Air Tram Tour, Loretto Chapel, Santa Fe School of Cooking, Turquoise Trail, Allan Houser Sculpture Garden, Bandelier National Monument, El Santuario de Chimayo, Choice on Tour . Collette trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1118363>



England, Scotland, Wales, Ireland: April 16 - 30, 2023 • 15

Days • 20 Meals. Edinburgh, York, High Speed Train, London, Afternoon Tea, Stonehenge, Bath, Wales, Cardiff Castle, Welsh Evening, Waterford, Blarney Castle, Killarney, Ring of Kerry, Jaunting Car Ride, Dublin, Traditional Irish Night. The seat reduction date for this trip has passed, there may still be seats available, they are just no longer reserved for Gibson Center. Collette Trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1100644>



Beautiful Vermont: May 23-25, 2023. Dinner Cruise on Lake Champlain with entertainment, Shelburne Museum, Rock of Ages Granite Quarry, Cold Hollow Cider Mill, and Maple Sugar Farm. Follow this link for the flyer. <https://www.diamondtours.com/Documents/2023/May/Flyers/GibsonCenterforSeniorServices/1994894-3A05061802.pdf>



Lancaster Show Trip: September 18-21, 2023. September 18-21, 2023. Explore Amish Country. Enjoy two shows: Sight and Sound Theaters *Moses*; and a show at Magic & Wonder Theater. Includes breakfast and dinner each day, with mouthwatering Amish inspired cooking. (Please let Jill know if you were interested in the Gettysburg extra day, if enough interest we can put it back in.) [Link to the trip flyer](#)

BUSINESS SUPPORT NEWSLETTER LISTINGS

Abundant Blessings Homecare, Inc (603-473-2510, fax 603-522-9211 provides living assistance services for the aging in the comfort of your home. Services include: personal care, meal preparation, 24 hour care and more. Call to schedule a free home assessment. Visit us at www.abundantblessingshomecare.com.

Ask me about Medicare: Bert Weiss. bert@bertglassbenefits.com. Office: 603-694-3058, Cell: 603-986-5650.

Beasley & Ferber, P.A. (1-800-370-5010) David Ferber, estate planning including avoiding probate, protecting assets from nursing homes, avoiding state taxes, and elder law.

Chalmers Insurance (356-6926) Steve Cote, full line of personal and business insurance, including Long term care, life and annuities.

Christmas Farm Inn & Spa (603-383-4313), Jackson NH. Historic Inn and Restaurant. Aveda Spa with local discounts

Coleman Alvin J. & Son (447-5936) 9 NH Route 113, Conway. General Contractor

First Allied Securities (356-9371) 3277 White Mt. Hwy. Investments including Stocks, Bonds, Annuities, Retirement, College Planning

Gamwell, Caputo & Co., PLLC (447-3356 or fax 447-6563) Dave Caputo, certified public accountants providing tax, accounting, and financial statement services for businesses, individuals, trusts and estates.

H.R. Hoyt Construction Inc. (447-2612) Conway, NH. Poured Concrete

LA. Drew Inc (356-6351) has been a leading contractor in the Mount Washington Valley since 1969. Working with homeowners and architects, we can help you build your dream home from the ground up.

Maureen Cason Hanlon, LICSW (730-5722) 13 NH Route 16A, Intervale, NH: Counseling services for adults and elders.

Memorial Hospital (356-5461) The community hospital of Mt. Washington Valley. Your partner in good health.

North Country Fair Jewelers (356-5819) Brian Smith, Main St, N Conway. Diamonds, gold and silver jewelry, coins, pearls, watches, clocks and antiques. Repairs, appraisals, buy, sell & trade.

NorthEast Auto Body (356-5808) David Smith, 530 Eastman Road, North Conway, N.H.

Northeast Delta Dental delivers quality dental insurance products and services to individuals and families, and groups of all sizes. We work hard to make dental care more affordable and available to the public.

Notchland Inn (374-6131) Harts Location, NH Romantic dining and lodging.

Settlers Green Outlet Village (356-7031) over 60 stores. Every Tuesday is Senior discount day at participating stores.

Varsity Beverage Conway (447-5445) Distributor of Pepsi Cola, Schweppes, Dole Juices, Lipton Tea, Gatorade, Aquafina Water, Mountain Dew, Mug Root Beer, Frappuccino, and Hawaiian Punch.

White Mountain Oil and Propane (356-6386) The Saunders Family, oil and propane, major appliances.

Yankee Smokehouse Restaurant (539-7427) Joseph Ferriera, Jct. Route 16 & 25 in West Ossipee. Real open pit barbecue.